

# Orange Island Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup flour all-purpose
- 1 teaspoon ground ginger
- 0.5 teaspoon onion powder
- 0.5 cup orange juice
- 1 teaspoon orange zest
- 3 pounds chicken breasts boneless skinless cut into strips
- 0.3 cup soya sauce
- 3 tablespoons vegetable oil

## Equipment

- frying pan
- oven
- baking pan

## Directions

- FOR MARINADE: In a zipper style bag, combine the orange juice, soy sauce, ginger, onion powder and orange peel.
- Mix well.
- Add the chicken pieces to the marinade and refrigerate overnight, or for at least 8 hours.
- Preheat oven to 350 degrees F (175 degrees C).
- Remove the chicken from the marinade. (Do not discard the marinade). Coat the chicken with flour. In a large skillet, heat the oil and brown the chicken over medium high heat.
- Transfer to a 9x13 inch baking dish.
- Pour remaining marinade over chicken. Cover and bake in the preheated oven for 30 minutes.
- Remove cover and bake for 15 minutes more.
- Let cool and serve.

## Nutrition Facts



## Properties

Glycemic Index:23.67, Glycemic Load:6.94, Inflammation Score:-5, Nutrition Score:23.89608696751%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 375.62kcal (18.78%), Fat: 12.85g (19.76%), Saturated Fat: 2.35g (14.72%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 10.74g (3.9%), Sugar: 2.01g (2.23%), Cholesterol: 145.15mg (48.38%), Sodium: 983.69mg (42.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.78g (101.55%), Vitamin B3: 24.9mg (124.49%), Selenium: 76.44µg (109.2%), Vitamin B6: 1.74mg (87.06%), Phosphorus: 508.96mg (50.9%), Vitamin B5: 3.37mg (33.7%), Potassium: 925.7mg (26.45%), Vitamin B2: 0.31mg (17.94%), Magnesium: 69.66mg (17.42%), Vitamin B1: 0.25mg (16.96%), Vitamin C: 13.55mg (16.42%), Manganese: 0.29mg (14.27%), Vitamin K: 13.02µg (12.4%), Zinc: 1.47mg (9.83%), Iron: 1.75mg (9.71%), Folate: 36.9µg (9.23%), Vitamin B12: 0.45µg (7.56%), Vitamin E: 1mg (6.69%), Copper: 0.11mg (5.28%), Vitamin A: 110.87IU (2.22%), Fiber: 0.53g (2.13%), Calcium: 19.31mg (1.93%), Vitamin D: 0.23µg (1.51%)